

ABSTRACT

A low carbohydrate ice cream formulation that is rich in fiber is provided. The subject ice cream base formulation is free of milk and, hence, lactose and is comprised of heavy cream, water, maltodextrin soluble fiber, polydextrose, whey protein concentrate, glycerin, egg yolks, lecithin, xanthan gum, microcellulose gum, a mixture of locust bean gum and carrageenan gum, a mixture of mono- and di-glycerides of short chain fatty acids and an artificial sweetener that is a combination of acesulfame potassium and sucralose. Ice cream prepared by blending a suitable flavor into the subject base formulations is esthetically comparable to conventional premium ice cream.